



## Mixed Greens and Nectarine Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients



2 cups nectarines thinly sliced ( 2)



4 cups gourmet salad greens



0.3 cup walnut oil vinaigrette

## Equipment

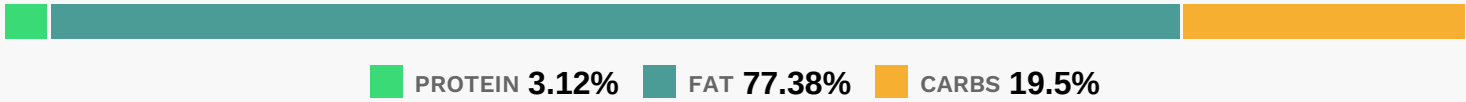


bowl

## Directions

- ☐
- Place greens and nectarines in a large bowl.
- ☐
- Drizzle with Walnut Oil Vinaigrette; toss gently to coat.

# Nutrition Facts



## Properties

Glycemic Index:10.75, Glycemic Load:2.36, Inflammation Score:-5, Nutrition Score:3.5639130414828%

## Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg, Epicatechin: 1.82mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 154.73kcal (7.74%), Fat: 13.85g (21.31%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 6.78g (2.47%), Sugar: 5.64g (6.27%), Cholesterol: 0mg (0%), Sodium: 19.69mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.52%), Vitamin A: 691.78IU (13.84%), Vitamin C: 11.35mg (13.76%), Vitamin B3: 1.02mg (5.1%), Manganese: 0.1mg (4.87%), Folate: 19.09µg (4.77%), Potassium: 162.46mg (4.64%), Fiber: 1.07g (4.29%), Copper: 0.08mg (3.93%), Phosphorus: 34.19mg (3.42%), Vitamin K: 3.47µg (3.31%), Vitamin E: 0.49mg (3.27%), Magnesium: 10.84mg (2.71%), Iron: 0.47mg (2.59%), Vitamin B6: 0.05mg (2.49%), Vitamin B1: 0.04mg (2.42%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.23mg (1.56%)